

# THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

*Deum diligere et quæ sunt Dei*

'To love God and the things of God'

The Presbytery  
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Parish Priest:  
Fr Joseph Welch

Sundays: Yr A  
Weekdays: Yr 2

February is dedicated to  
the Holy Family



## Sunday 1<sup>st</sup> February 2026

*Fourth Sunday of the Year*

09:30 — Holy Souls

11:00 — Pro Populo

## Monday 2<sup>nd</sup> February

*Candlemas*

12:15pm — Una McWeeny RIP

## Tuesday 3<sup>rd</sup> February

*No Mass*

## Wednesday 4<sup>th</sup> February

*No Mass*

## Thursday 5<sup>th</sup> January

*St Agatha*

12:15pm — Holy Souls

## Friday & Saturday morning

*Please check parish website*

## Saturday 7<sup>th</sup> February

*Vigil of the 5<sup>th</sup> Sunday of the Year*

6pm — Holy Souls

## Sunday 8<sup>th</sup> February

*Fifth Sunday of the Year*

No 8am Mass

09:30 — Holy Souls

11:00 — Pro Populo

*Most devotions are  
suspended  
for the time being.*

*Please check the parish website  
for details.*



## MONDAY, 2<sup>ND</sup> FEBRUARY

# CANDLEMAS

**The feast of the Presentation of Our Lord  
& the feast of the Purification of the Blessed Virgin Mary**

**Mass at 12:15pm**

*'And after the days of her purification, according to the law of Moses, were accomplished, they carried him to Jerusalem, to present him to the Lord: As it is written in the law of the Lord: Every male opening the womb shall be called holy to the Lord: And to offer a sacrifice, according as it is written in the law of the Lord, a pair of turtledoves, or two young pigeons' (Lk 22:22-24)*

Forty days after His birth, Our Lord's parents took Him to the Temple in Jerusalem to do for Him what the Law required. The Blessed Virgin Mary made an offering and thanksgiving for her ritual purification following the birth of her Son, and the first born Son was presented to Almighty God and then bought back, as it were, through a ritual sacrifice of a pair of turtle doves or two young pigeons.

They met Simeon who had been assured by God that he would not see death until he had seen the Christ. This holy man took the Child in his arms and said that now God could dismiss His servant in peace because his eyes had seen the salvation of God who had come into the world as a light to the revelation of the peoples, and the glory of God's people, Israel (Lk 22:29-32).

It is this reference to the Light of the world that gives us our ceremony of Candlemas when, at the main Mass of the day, we walk in procession as if to the holy Temple of God, carrying in our hands the flame that symbolizes the Light who has come into the world and now dwells in our souls in the form of sanctifying grace.

Candlemas marks the end of the forty-day long Christmas season proper, after which our Christmas cribs are put away until next Christmas.

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**Fr Joseph would like to offer a belated thank-you** for your very generous Christmas Offering, and for all of your seasonal gifts, cards, good wishes, and prayers. Thank you.

He would also like to thank you for your prayers, patience, and support during his recent illness. He is not yet fully back to strength but is resuming duties slowly and bit by bit.

The Mass and Confession schedule will resume gradually, with some weekday Masses but not necessarily a Mass every day just yet. Please check the weekly newsletter and the parish website for updates.  
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# SEPTUAGESIMA

begins today, Sunday 1<sup>st</sup> February

Until the liturgical changes in 1969 (and even today where the Traditional Latin Mass [TLM] is celebrated) there was a mini-season called Septuagesima immediately before Lent. It started on the third Sunday before Ash Wednesday because during that week the seventieth day before Easter fell. The following two Sundays were called Sexagesima and Quinquagesima (sixtieth and fiftieth). Lent itself is called Quadragesima.

The mini-season of Septuagesima is a sort of half-way season between the end of Epiphanytide and the beginning of Lent. For example, the word 'Alleluia' was dropped at the start of Septuagesima and purple vestments were worn but the full rigours of Lenten fasting and abstinence were not yet begun.

The purpose of Septuagesima was to get everyone ready for Lent. 'But,' some people might cry, 'if Lent is a season of preparation for Easter, why have a season of preparation before the start of a season of preparation?' The answer is simple: whilst Lent is indeed a time of preparation for the Sacred Triduum of Christ's Passion and Resurrection, it is also a season in its own right.

Lent is the single most important time of penance and penitential practices in the Church's year. The mini-season of Septuagesima was always intended as a time to help us get ready for the start of Lent. For example, the two and a half weeks of Septuagesima is a good time to think about what our Lenten resolutions might be. Remember, we are called upon by the Church during Lent to do three things:

**Fast (and abstain)** — that is, to eat less than we normally do, and to go without meat, especially on certain appointed days (such as Ash Wednesday and Good Friday).

**Pray** — undertake Lenten prayers and devotions, especially of a penitential nature.

**Give Alms** — to help those in greater need than ourselves by supporting them materially and financially.

We shall say more of these in the coming weeks.

Lent begins on

## ASH WEDNESDAY

Wednesday, 18<sup>th</sup> February

Masses at 8am (TLM), 12:15pm, 7pm (sung)

Start now to think how you will keep this most sacred of seasons.

And remember, it is a good idea to go to **Confession before** Lent begins to help you to get ready for the start of this great penitential season, and then to go again at least once more **during** Lent.

**Fr Joseph writes:** This week we have two columns from our catechetical series on The Church so that we can complete the series before Lent begins.



Next weekend — 7<sup>th</sup>/8<sup>th</sup> February

Special Second Collection for  
**AID TO THE CHURCH IN NEED**

Postponed from earlier in the year, this collection will contribute to our Christmas Crib collection.

**ACN** provides support in those parts of the world where Catholics are persecuted for their Faith. Providing material relief as well as spiritual assistance (including paying for the training of new priests), **ACN** often works where other charitable organisations do not go, and is very often the only Christian charity operating in areas of greatest need. Please be as generous as you possibly can be.

**Funeral Masses:** Normally, we try not to interrupt our usual weekday Mass schedule when we have funerals (so that we end up having two Masses on days when we have a funeral). However, for the time being any funeral Masses will take the place of the normal weekday Mass. So, please keep an eye on the Mass schedule in case of any changes to the normal routine.

**The St Carlo Acutis Group** for 14-18 year olds will meet on Thursday, 5<sup>th</sup> February at 7pm in church.

**THE BOOK CLUB** will next meet on Monday, 9<sup>th</sup> March at 7pm, to discuss *The Book of Margery Kempe*.

**'Where Waking Ends'** — the debut novel from the pen of our parish secretary, Matilda Rampley. Available from Amazon. See the poster at the back of church.

### Sick List

Prayers are asked for Peter Arms, Jim Convey, Vincent Convey, Sue Coppens-Browne, Larry Crowley, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Oliver Merlehan, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

### Of your charity

Please pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Christopher Ennis, Constance Parnell, Eric List, Rachel Arkwright, Margaret Rooney, Maria Cannone, Una McWeeny, George Sharpe, Mary Ward, Patrick Grehan, Robert Valentine, Claudia Wilding, Daniel Inman, Geraldine Abbot, Charles Doyle, Joseph Lambert, Regina Hulewicz, Patrick Usher, Marie Bowe, Katherine Reynard, Nigel Coote, Florence Nickols, Henry D'Andrade, Joan Walsh, Angela Walsh, Shirley Reynolds, Muriel Winifred, William Smith, Violet Eves, Agnes Dreda-Thornhill, and Ella Davis. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We continue our series on the Church.

### The Church pt XVI — The Pope

One of the most distinctive features of the Catholic Church, and something recognized everywhere throughout the world, is the person of the Pope. His role is unique, not least because from the very moment he is elected he assumes *full, supreme, and universal* power over the whole Catholic Church. Whilst the Pope must work with the bishops, his authority is not dependent upon them. Even the prescripts of a General Ecumenical Council carry no weight until they have been ratified and promulgated by the Pope. The Pope is the principal guardian, defender, and teacher of the Church's dogmas, entrusted with the task of handing on to the next generation that which he has himself received from all his predecessors back to St Peter. He is the chief shepherd of the faithful here on earth. He is the final arbiter of all things, doctrinal, liturgical, and canonical (that is, legal). Indeed, the Pope is the Vicar of Christ Himself, charged with continuing the mission that was entrusted to Christ by His Father: 'As the Father has sent me, I also send you' (Jn 20:21).

The main (but by no means the only) verses in Sacred Scripture to underpin the Church's understanding of papal primacy and authority are found in Our Lord's words to St Peter when He says, 'Blessed art thou, Simon Bar-Jona: because flesh and blood has not revealed it to thee, but my Father who is in heaven. And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven' (Mt 16:17-19).\*

As is so often the case, St Peter replies promptly, ahead of the other Apostles, and on behalf of them. Moreover, the words of Christ are clearly spoken to St Peter specifically, and not to all twelve of the Apostles. For example, Our Lord addresses Simon Bar-Jona (son of John), and it is Simon's name that is changed to Peter, the Rock. (None of the other Apostles are identified by name in the whole of this exchange in Mt chap. 16.) As a result, we can see straightaway that St Peter is identified by Our Lord Himself as the Prince – and head of the college – of the Apostles. A hierarchy has been established with St Peter at the apex.

It is worth noting also that whenever the Apostles are listed by name in the Gospels St Peter's name is always given (whether some or all of the others are listed) and his name always tops the list. In other words, the Primacy of Peter is established as early as the writing of the Gospels, with the Four Evangelists following the example of Christ Himself.

Nor should any of this surprise us. If there is to be an institutional body charged with teaching, governing, and sanctifying Christ's disciples then it would follow that there needed to be a visible head of such a body. The Pope, Christ's Vicar, is that visible head here on earth.

\* One of the most readable books on papal primacy published in recent times is *Pope Peter* by Joe Heschmeyer and published by Catholic Answers Press in 2020.

**Fr Joseph writes:** We continue our series on the Church.

### The Church pt XVII — St Peter the Rock

The commission of Christ to St Peter in Mt 16:17-19 may be broken down into three main components: the change of Simon's name to Peter, the Rock; the promise that the Church will be built upon this Rock and that the gates of hell shall never prevail against Her; and the power of the keys. We shall look at all three. First, the Rock.

There are numerous references to rocks in the Bible, both in the Old and the New Testaments. In each case a rock is a sign of stability, reliability, and strength. A rock is solid, and denotes trustworthiness, protection, and fidelity. A rock is used as a corner stone and upon which foundations are built. And it is from a rock that the waters of life flow forth as well as the sweetness of honey symbolizing God's goodness and blessings (for example, Deut 20:11; 32:13). When Our Lord declared Simon to be the Rock upon which He would build His Church, all of these images came into play. Whilst it is certainly true that the bishops of the Church (successors to the Apostles as they are) share in Christ's commission to teach, govern and sanctify, nevertheless the role of the Pope is unique, with the bishops deriving their juridical authority, for example, from the Pope who appoints them. (A bishop is always said to hold office 'by the grace of God and favour of the Apostolic See.')

It belongs to the Pope in a unique manner to serve as the bastion of orthodoxy and defender of the Church's dogma, being commissioned as he is to hand on to the next generation that which he himself has already received from his predecessors. The stability, reliability, and strength of his role is given to him by a special grace by which God upholds him in the tasks which he has been called to undertake. We refer to this grace as the '*grace of state*,' that is, special grace given to him as Pope so that he can do his job as Pope. (Others, too, are given a specific grace according to their state in life and this grace is also referred to as the '*grace of state*.' Bishops, priests, and married couples are all given this grace according to their state in life to assist them to live according to their calling.)

It is through the Church, with St Peter at Her head, that the waters of life flow, chiefly through the Holy Sacrifice of the Mass and the Sacraments, and it is through the Church under the guiding hand of St Peter that the sweetness of so many blessings and graces are poured out upon God's faithful people. For example, the Pope alone can approve the different forms of the Church's liturgy and official devotions, her official catechetical and doctrinal documents, and all the precepts of Her Canon Law. Whilst many documents are signed by various cardinals and bishops, their authority is ultimately derived from the Pope, and all documents and decisions which come from the Holy See – even when they are signed by officials within the Vatican – are deemed to have come down to us with the full authority and approval of the Pope.

Everything in Sacred Scripture is related to everything else in Sacred Scripture, and Our Lord's choice of names for St Peter was not accidental or whimsical. By calling Simon, 'Cephas' (the Aramaic for Rock: *petros* is the Greek and *petrus* is the Latin) Our Lord intended to call all of the many Old Testament images to mind.

## REGULAR PARISH GROUPS & EVENTS

**Online calendar:** please go to our online calendar to see details of all our parish groups and events: [stpancraschurch.org.uk/calendar/](http://stpancraschurch.org.uk/calendar/)

**Tea & coffee** every Sunday in the parish hall following the 9:30 and 11am Masses. All welcome

**Parish coffee morning** in the parish hall every Friday following the 10am Mass & rosary. All welcome.

**Church cleaning group** every Friday morning following the 10am Mass & rosary. New volunteers welcome.

**Wednesday Evening Talks** at 7pm (following the 6pm Mass & rosary) throughout the autumn and spring. (Suspended for the time being.)

**Thursday Lunches** are held every second Thursday of the month at 1pm. (Every week in Lent.) These are social events and everyone is welcome. The lunch is free, although we invite donations to Mary's Meals.

**St Carlo Acutis Group** (for 14-17 year olds) every first Thursday of the month at 7pm in the church followed by discussion and games in the parish hall until 9pm. Newcomers welcome.

**Catholic Mothers' Group** for mums & toddlers every second Monday of the month in the parish hall at 11am (following the 10am Mass & rosary). Newcomers welcome.

**Book Club** every quarter (on the second Monday of March, June, September, and December) in the parish hall at 7pm. All welcome.

**Catholic Young Adults, CYA**, (for 18-35 year olds). This group is enjoying an extended break for the moment. Watch this space for updates.

**The Pancratius** is our monthly newsletter for younger readers (5-15 years old) packed with fascinating facts about the Catholic Faith and the Church, quizzes, jokes, suggested reading, and activities. Please feel free to take a copy or two.

**The Parish Choir** sings at the 11am Mass on Sundays and at the 7pm Mass on Holy Days. Rehearsals are on Fridays at 8pm. If you would like to join our choir please speak to Fr Joseph.

**Brass cleaning** Our team has been reduced recently and we are looking for more volunteers (once a month or thereabouts). If you might be able to help, please speak to Fr Joseph.

**FIND Ipswich** (Families in Need) Dry foodstuffs and personal care items may be left in the barrel at the back of the church for local people in need.

**The Traditional Latin Mass** (TLM—1962 Missal) is said every 2<sup>nd</sup> Sunday of the month at 8am, and usually on Tuesday mornings at 8am.

## STANDING NOTICES

**A warm welcome** to new parishioners and visitors. If you have recently moved to the area please complete one of the Contact Details postcards at the back of the church and return it to Fr Joseph. Thank you.

**Masses may be said** for the living and the dead. Please enter the details on one of the Mass Offering envelopes available at the back of the church, place your offering inside the envelope, and return it to Fr Joseph. A typical offering is £10 for each Mass requested. We cannot guarantee your preferred date for the Mass but we will get as close to it as possible. Thank you.

**Going into hospital** by appointment or in an emergency? Please let Fr Joseph know. Ipswich hospital has a lay Catholic chaplain, Mrs Rachel Tearle, a member of St Mark's parish and an experienced nurse. If you would like support from the chaplaincy team, please refer by calling 01473 704100 or by sending an e-mail to [chaplaincy@esneft.nhs.uk](mailto:chaplaincy@esneft.nhs.uk). For urgent chaplaincy needs 24/7, please call the switchboard at 01473 712233 and ask for the on-call chaplain. When making a referral, please provide the patient's name, ward (if known), and your contact details in case further information is needed.

**Call a Priest** in an emergency! If someone is dying, do not wait but call a priest to administer the Last Rites. If Fr Joseph is not immediately available, call one of the other priests in a nearby parish.

**Gift Aid.** If you are a British taxpayer but have not yet completed a Gift Aid form please do so. You can add considerably to the income of the parish at no further cost to yourself. Gift Aid forms are available at the back of the church. Completed forms should be returned to Fr Joseph. Thank you.

**Legacies** can provide much needed financial support to parishes. Please consider leaving a legacy in your will for St Pancras Catholic Church, Ipswich. Thank you.

**Sunday sermons** may be found on our parish website.

**Tuesday** is Fr Joseph's day off. The phone, the doorbell, and e-mails are unlikely to be answered on Tuesdays.

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Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Our bank details: **BANK:** Barclays Bank. **ACCOUNT NUMBER:** 00775843. **SORT CODE:** 20-44-51 **ACCOUNT NAME:** St Pancras Catholic Church.



Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

The QR code will take you to our Dona machine donation page.

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The parish **SAFEGUARDING REPRESENTATIVE** may be contacted by anyone of any age, at any time, with any safeguarding concerns:

Mim McMahon: 01394 274395 or 07813199275  
[mim@trianglemusic.info](mailto:mim@trianglemusic.info) or [mim.macmahon@gmail.com](mailto:mim.macmahon@gmail.com)

Or contact the **DIOCESAN SAFEGUARDING CO-ORDINATOR**,  
Liam Sainsbury: 07931 952626  
[liam.sainsbury@rcdea.org.uk](mailto:liam.sainsbury@rcdea.org.uk)